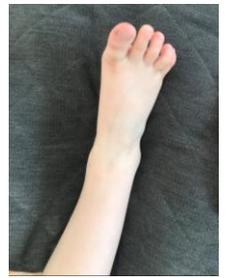


Foot Massage

Feet are often a forgotten part of our bodies, yet a foot massage has many health benefits. It improves the circulation, stimulates the muscles, aids relaxation and often eases pain.



Equipment needed

A pillow to rest the feet on, towel, a bowl of soapy water, cream or lotion, (ensure your child is not allergic to these)

NB. Remove all rings from your fingers, ensure your nails aren't sharp and that your hands are clean.

Method

Feet should be washed prior to the massage, sitting with them in a bowl of soapy water is a treat in itself.

Find a comfortable place. You can either sit opposite each other with the child's feet resting on your knees with the pillow underneath or the child lying on the settee or floor feet supported on the pillow (make sure you're in a good position for your back).

Lay child's feet on towel and smooth on cream noticing any sore spots or redness as you do so (these will be places to avoid or take extra care when massaging).

Work one foot at a time and complete the following sequence.

NB. Use a gentle but firm pressure when you massage as light soft touches can be ticklish.

- With the bottom of foot facing you, start at the tip of the toes make small circular movements with thumbs, work towards the heel and back up to toes. Repeat this twice.
- Massage the arches of the foot in circular movements using fingers
- Use your knuckles to make circular movements on the hard area of the heel of foot.
- Hold the foot firmly with one hand with the other hold the big toe between your thumb and index finger. Starting at the base of the toe slightly turn and pull the toe to the tip of the toe, then work back down.
- Repeat on all toes
- With four fingers together, massage top of foot using larger circular movements.
- Cup the heel with your hand and massage ankle area.
- Finish by pulling the foot gently from ankle to toe.
- Wrap foot in a towel and repeat the sequence on other foot.

At all times watch your child's face for any indication of pain, if so stop.

